Alternative therapies for treating depression in adolescents and adults in the UK

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LITERATURE REVIEW FOCUS

- The literature review focus is on adolescents and adults experiencing depression, included participants between the ages of 13 and 40.

- The focus of the literature determine and introduce the reader to the different types of non-therapeutic strategies and methods that help adolescents and adults go through depression and depressive symptoms in the United Kingdom.

- The focus will be on determining which of the different types of complementary therapies are effective and, in particular, how each treatment affects the individual in overcoming the symptoms of depression.

AIM AND OBJECTIVES

- The research aims to find out alternative therapies to support adolescents and adults with symptoms of depression in the UK and to identify the effectiveness of these therapies in improving mental health outcomes.
- To explore the potential benefits and risks associated with alternative therapies for treating depression in adolescents and adults in the United Kingdom.
- To review the existing literature on alternative therapies for depression in adolescents and adults in the United Kingdom.
- To provide recommendations for treating depression with alternative therapies in adolescents and adults in the United Kingdom.

INCLUSION CRITERIA

- Articles or reviews that were conducted in English language and date of publication 2013-2023;
- Articles or reviews that included participants between the ages of 13 and 40;
- Articles or reviews explored the use of alternative therapies for treating depression;
- Articles or reviews reported quantitative or qualitative data on the effectiveness of the alternative therapy;
- Articles or reviews were published in peer-reviewed journals;

EXCLUSION CRITERIA

- Articles or reviews that were conducted outside of the UK and before 2013;
- Articles or reviews that included participants outside of the specified age range;
- Articles or reviews that did not focus on alternative therapies for treating depression;
- Articles or reviews that did not report quantitative data on the effectiveness of the alternative therapy;
- Articles or reviews that were not published in peer-reviewed journals;

METHODS

- Secondary research;
- The key words used during the search: "alternative therapies", "depression", "adolescents’’, ‘’adults" and "UK";
- Sources: PubMed, Google Scholar, UWTSD Library, BMJ, and PsycINFO.

BACKGROUND

- Depression is a state of an individual in which the desire for anything, even gratuitous activities, is absent, sadness predominates, and in some patients, even suicidal urges are observed (NHS, 2019).
- A large percentage of adolescents and adults are persistent patients with depression, and 20% of them continue to experience depressive symptoms throughout their lives (Goyal et al., 2009).
- Adolescents and adults suffering from depressive disorder change their thinking as well as their behavior. Individuals are apathetic with no motivation for anything, even their favourite pastimes, validities show that depressive disorder is transferred in different families (DeNoon, 2008).
- Adolescents are prone to mental disorders as a result of their fragile emotions. The reason for this is the frequent change of mood, as well as confusing hormones that rage in their bodies (Kids Helpline, 2019).
- According to NHS (2022), in 2022, 18.0% of children aged seven to sixteen and 22.0% of young people aged seventeen to twenty-four had a probable mental disorder.

ETHICAL CONSIDERATION

- For the purpose of the Systematic literature review has been examined existing literature based on the primary research.

- For instance, one of the articles used for the research, "Effects of Group Drumming Interventions on Anxiety, Depression, Social Resilience and Inflammatory Immune Response among Mental Health Service Users" (Fancourt et al., 2016).

THEMES

- **Mindfulness-based interventions:** According to Wright *et al*., (2017) Computer-administered cognitive-behavioral therapy (CCBT) is a promising intervention for adolescents suffering from the symptoms of depression that is quite accessible and widespread.
- **Music therapy:** According to Fancourt *et al.,* (2016) group drumming and the presence of an individual in a group that creates music have enormous benefits in individuals suffering from depressive disorders, improvements in mental and physical health are observed.
- **Yoga:** According to Carthwright et al., (2020), the first study of its kind in the United Kingdom, relatively positive effects of yoga on an individual's mental and physical health are evident. Results showed that yoga was associated with significant reductions in depression symptoms.
- **Acupuncture:** . According to Hopton et al., (2014) different types of therapeutic involvement and interest in acupuncture may have different effects on the long-term effect of therapy, overall acupuncture shows promising results in treating depression.
- **Morita therapy:** According to Sugg et al., (2018), the therapy has promising results in patients with depressive symptoms and is a good alternative to current treatments, but a larger trial of the therapy is required.

LIMITATION OF THE RESEARCH

- • There is not enough literature available on the research topic;
- • The available data was very old and technically unusable;
- • The limitation comes from the fact that the articles had to be related to Great Britain
- • Limited numbers of articles with the solution of the problem have been found.

RECOMENDATION

- In terms of recommendations for practice, it is suggested that alternative therapies should be considered as a viable treatment option for depression in adolescents and adults, particularly for those who may not respond well to traditional treatments such as medication and psychotherapy. However, it is important to note that alternative therapies should not be used as a substitute for evidence-based treatments, but rather as a complementary intervention.

- Regarding future research, it is recommended that more rigorous studies be conducted to further investigate the effectiveness of alternative therapies for treating depression in adolescents and adults. Specifically, studies with larger sample sizes, rigorous designs, and longer follow-up periods are needed to provide more robust evidence. Additionally, it is recommended that studies investigate the mechanisms through which alternative therapies work and the factors that may moderate their effectiveness.

CONCLUSION

Despite these limitations, the findings of this review suggest that alternative therapies may offer a promising approach to treating depression in adolescents and adults, either as standalone interventions or as complementary therapies to traditional treatments such as medication and therapy. However, more rigorous research is needed to further evaluate the effectiveness of these therapies and to identify which specific therapies and techniques are most effective for different subgroups of adolescents and adults with depression.

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